

Sept. 20, 2016

FLORIDA DEPARTMENT OF HEALTH IN WALTON COUNTY AND THE E.O. WILSON BIOPHILIA CENTER HOST FAMILY FUN 5K NATURE HIKE



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DeFuniak Springs, Fla.—The Florida Department of Health in Walton County is teaming up with the E.O. Wilson Biophilia Center to host the 2nd annual Biophilia Center Family Fun 5K Nature Hike on Saturday, Sept. 24, 2016. The Biophilia Center is located at 4956 State Highway 20 East, Freeport, FL 32439. This event is in observance of World Heart Day and supports the department's Healthiest Weight Initiative. It is a smoke-free and family friendly event.

Gates will open for participant registration at 7 a.m. and will hit the trail at 8 a.m. The cost is \$5 per person or \$20 per family. A parent or guardian is required for all children 15 and under. Participants will be asked to sign a waiver and a photo release. Educational health programs and interactive exhibits area will be open. Goodie bags will be given to the hike finishers. Healthy snacks, beverages and T-Shirts will be available for purchase from the Biophilia Center. Sturdy shoes are suggested as this is a scenic nature hike with uneven trails. These trails are not stroller friendly.

About Healthiest Weight Florida

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, nonprofit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices visit www.healthiestweightflorida.com.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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